

**39th ANNUAL University of Iowa SPORTS MEDICINE SYMPOSIUM  
PROGRAM AGENDA  
December 7-8, 2023**

		<b>THURSDAY December 7</b>	
7:50AM		<b>Welcome</b>	Brian Wolf MD, MS

<b>START</b>	<b>TIME</b>	<b>EVENT</b>	<b>FACULTY</b>
8:00		<b>Session 1. Achilles Tendinopathy – 38 yo female recreational runner just started hill training</b>	<b>Moderator:</b> Paul Pursley PT, OCS,CSCS
		Location, Location, Location Consideration for midportion vs. insertional AT	Jennifer Cogburn, MD
		It's good stress. Eccentric training for midportion AT	Paul Pursley PT, OCS, CSCS
		There's another way. Concentric training	Karin Silbernagel PT, PhD, ATC, FAPTA
		It's all in your head. Mechanical loading and/or pain science education	Ruth Chimenti, PT, PhD
		Pressure makes diamonds, Tension makes strong tendons. Tenocyte response to mechanical loading	Tim Fleagle PT
		The sink or the whole kitchen? When I use imaging, heel lift, rest, boot, rehab for AT	Tyler Slayman MD
		Are all tendons created equal? Is the Achilles a suitable representative for all tendons?	Karin Silbernagel PT, PhD, ATC, FAPTA
		Q&A	Paul Pursley PT, OCS,CSCS
<b>10:00</b>		<b>Break</b>	

<b>START</b>	<b>TIME</b>	<b>EVENT</b>	<b>FACULTY</b>
10:15		<b>Session 2. Biceps Tendon- 22 yo male pitcher with anterior shoulder pain at cocking/ acceleration</b>	<b>Moderator:</b> Brian Wolf MD, MS
		US Examination & Treatment of the LHB	Ryan Kruse MD
		Treatment of SLAP tears, the evolution	Brian Wolf MD, MS
		SLAP lesion in a thrower: Ignore, repair or tenodesis?	Stephen Brockmeier MD
		Return to throwing program: 2023 Update	Jake Feldman, ATC
		Why does my biceps tendon still hurt? The effect of surgical technique.	Matt Bollier MD
		Why does my biceps tendon still hurt? Rehab Considerations	Michelle Connell PT, ATC
		Q&A	
<b>11:45</b>		<b>Lunch</b>	

START	TIME	EVENT	FACULTY
12:45		<b>Session 3. Tendon Remodeling 22 y.o. female gymnast felt a pop while landing</b>	<b>Moderator:</b> John Albright, MD
		This is a problem – AT ruptures in gymnastics	Larisa Libby
		Is it the floor (Women’s gymnastics)?	Britt Marcussen MD
		Risk factors for Achilles rupture No longer just an old man problem	Mederic Hall MD
		Diagnosing the Achilles Tendon tear Point of care US	Terese Whipple, MD
		Operative vs. Non-op management Which path to take: a surgeon’s perspective	Kyle Duchman MD
		Achilles Tendon Repair. Is internal brace the new frontier?	Kyle Duchman, MD
		Operative vs Non-op management. Similarities/ Differences: Rehab considerations	Jason Willer PT
		Any role for stretching? Is stretching part of a progressive loading program? Or risk without reward?	Karin Silbernagel PT, PhD, ATC, FAPTA
		Q&A	
<b>3:00</b>		<b>Break</b>	

START	TIME	EVENT	FACULTY
3:20		<b>Session 4. Safety in Sport</b>	Moderator: Matt Doyle MS, ATC
		Safe Stars Initiative	Alex Diamond DO, MPH
		Outreach – the challenges of balancing competing missions against human resources	Troy Kleese LAT,ATC
		Coverage- the challenge of covering multiple events/ athletes with limited human resources	Aaron Herbst DAT, ATC
		EAP - What it does and doesn’t accomplish	Matt Doyle MS, ATC
		Rule Changes – Do they actually work to prevent injury? (Kick off changes, pitch count, etc)	Alex Diamond DO, MPH
		From the other side of the whistle, what parents, coaches, and sports med staff need to know.	Kurt M Walderbach, MBA, PT, SCS, ATC
		Q&A	
<b>4:50</b>		<b>Break – CME Adjourns</b>	
<b>5:00</b>		<b>IATS Athletic Training Town Hall/ UI Athletic Training Social (All ATCs are invited)</b>	

		<b>FRIDAY 12/8</b>	
7:50AM		<b>Welcome</b>	Mike Shaffer PT, ATC, OCS

<b>START</b>	<b>TIME</b>	<b>EVENT</b>	<b>FACULTY</b>
8:00 am		<b>Session 5 :In the News → In the Know</b>	<b>Moderator:</b> Mike Shaffer PT, ATC, OCS
		Concussion Guidelines- What's new? a) return to play and b) return to learn.	Atef Kotob MD
		Spotting Concussions- The Current Big 10 Policy	Johnnie James, ATC
		Commotio Cordis: What is it, Epidemiology, Seriousness, Treatment, RTP	Ian Law MD
		Handling the on –field emergency	Tim Thomsen MD
		Moving from a Policy Statement to rules change or Legislative Policy	Alex Diamond DO, MPH
9:15		<b>Break</b>	

<b>START</b>	<b>TIME</b>	<b>EVENT</b>	<b>FACULTY</b>
9:30		<b>Session 6. Return to Sport</b>	<b>Moderator:</b> Robbie Westermann MD
		Return to sport after Covid: What did we learn about viral myocarditis?	Ian Law MD
		Return to Sport after ACL	Stephen Brockmeier MD
		Return to Sport after Knee Osteotomy	Brian Wolf MD, MS
		Return to Sport after Hip Arthroscopy	Robbie Westermann MD
		Return to Sport after Peri-acetabular Osteotomy	Michael Willey MD
		Return to Sport after AC Joint Injury	Stephen Brockmeier MD
		Return to Sport after Hand Fracture	Jody Buckwalter V MD
		Q&A	
		Sue Me? Oh ya? Sue You! Legal Issues Affecting the Team Doc in 2023	Round Table Moderator: Shaffer
12:00		Adjourn	